

TURNING HEART FAILURE INTO HEART SUCCESS

LIVING WITH HEART FAILURE IS A JOURNEY.
HERE'S WHAT YOU MIGHT EXPECT.

WHAT DOES HEART FAILURE MEAN?

YOUR HEART STILL WORKS.
But it is weaker or stiffer than before.
So your **HEART HAS TROUBLE PUMPING**
enough blood to the rest of your body.

LEARNING TO LIVE WITH HEART FAILURE

PHYSICAL HEALTH

- Weigh yourself each morning
- Take medications as directed
- Ditch the salt (sodium); eat heart healthy
- Take breaks and know your limits

EMOTIONAL HEALTH

- Find support from others who have heart failure
- Stay connected with what matters most to you
- Keep in close contact with your care team

IT'S OK TO FEEL:

- Scared or uncertain
- As though your world has turned upside-down
- Overwhelmed with questions

YOUR NEW NORMAL

FOR SOME PEOPLE, NORMAL MEANS:

- Speaking up about how you feel—you know your body best
- Celebrating what you **CAN** do (versus what you can't)
- Sticking with your treatment plan

WHAT DOES **YOUR JOURNEY** LOOK LIKE?

Information provided for educational purposes only. Please consult your health care provider about your specific health needs.

Go to [CardioSmart.org/HeartFailure](https://www.CardioSmart.org/HeartFailure) to find out how to turn heart failure into heart success.

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The Heart Of Success

WJ Hussar



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Table of Contents The Heart Of Success

1. Understanding the eBook The Heart Of Success
 - The Rise of Digital Reading The Heart Of Success
 - Advantages of eBooks Over Traditional Books
2. Identifying The Heart Of Success
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an The Heart Of Success
 - User-Friendly Interface
4. Exploring eBook Recommendations from The Heart Of Success
 - Personalized Recommendations
 - The Heart Of Success User Reviews and Ratings
 - The Heart Of Success and Bestseller Lists
5. Accessing The Heart Of Success Free and Paid eBooks
 - The Heart Of Success Public Domain eBooks
 - The Heart Of Success eBook Subscription Services

- The Heart Of Success Budget-Friendly Options
- 6. Navigating The Heart Of Success eBook Formats
 - ePub, PDF, MOBI, and More
 - The Heart Of Success Compatibility with Devices
 - The Heart Of Success Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of The Heart Of Success
 - Highlighting and Note-Taking The Heart Of Success
 - Interactive Elements The Heart Of Success
- 8. Staying Engaged with The Heart Of Success
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers The Heart Of Success
- 9. Balancing eBooks and Physical Books The Heart Of Success
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection The Heart Of Success
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine The Heart Of Success
 - Setting Reading Goals The Heart Of Success
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of The Heart Of Success
 - Fact-Checking eBook Content of The Heart Of Success
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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